

# Des Moines Parks, Recreation & Senior Services

Waterland Summer Fun Guide 2011

REC 'n ROLL



PRSR STD  
US POSTAGE PAID  
SEATTLE, WA  
PERMIT NO. 1123

ECRWSS  
POSTAL CUSTOMER

City of Des Moines  
21630 11th Ave. S., Suite A  
Des Moines, WA 98198-6398

# Welcome!

## REC 'n ROLL



Des Moines Parks, Recreation and Senior Services Team (L-R): Patrice Thorell, Rebecca Hall, Sue Anderson, Charisse Gregory, Ralph Thomas, Cassie Swan, Bonnie Wilkins, Annette Chomica, Sue Padden and Abbie Nielsen.

### Look What We Have For You!

Facilities & Fields .....	2,12RR
Summer Camps .....	3-4RR
Sports & Camps .....	5RR
Toddler-Teens .....	5-6RR
Adult Activities, Fitness, Sports...	7-8RR
Senior Activities .....	9-10RR
Special Events .....	8-9cc, 12-13RR
Registration Info .....	11
See reverse for City Currents Information	

### Creating Community through People, Parks and Programs

Your Parks, Recreation and Senior Services staff, Des Moines Arts Commission, program partners and volunteers proudly invite you to join us in active play and celebrations this summer!

The *Rec & Roll Guide* is filled with activities to be enjoyed individually or as a family. We hope you will take advantage of the many ways to get active such as: youth and teen camps and adventures, tennis lessons, senior outings and trips, fitness classes and even sailing lessons! Don't forget volunteerism is another great way you can participate.

There is no reason to hear "I'm bored" ... On Saturday, May 28, 2011, the City dedicates its first community garden and orchard, Daisy's Garden located at Sonju Park. Looking for more family-friendly community activities and events this summer? The award winning Des Moines Farmers Market opens June 4, Fireworks over Des Moines shoots off on the 4th of July and the Waterland Parade marches down Marine View Drive on July 23.

In the mood for music? Enjoy free Summer Concerts on Wednesday evenings at Beach Park from July 20 to August 10, Shakespeare in the Park on Saturday, July 30 and the annual Flute Festival takes place the weekend of August 19-21. For a complete list of summer events see page CC-9.

Major creek modifications to reduce flooding and save our much loved Beach Park National Historic District (formerly known as Covenant Beach Bible Camp) take place between July 1 and the end of August. Parking areas beyond the vehicle bridge will be closed during that time. However, there is plenty of parking at the Marina and you may walk or ride your bike into the park and access the beautiful Des Moines Creek Trail! Please join us for the grand opening of the newly renovated historic Beach Park Auditorium and a celebration of our community heritage on September 17, 2011. For more details see page 12-RR.

We look forward to seeing you as well as hearing your thoughts on how we can improve your experiences at Des Moines Parks, Recreation and Senior Services department programs this summer!

Sincerely,

*Patrice Thorell*

### Host your Special Event in our facility!

**Des Moines Facilities highlight the breathtaking beauty of the Northwest offering the perfect setting for wedding, banquets and other community events.**

- Indoor Facilities-**
- Up to 500 Guests:**  
Beach Park Auditorium  
Booking now for September 2011 & beyond.
  - Up to 225 guests:**  
Des Moines Field House
  - Up to 125 guests:**  
Des Moines Activity Center with  
Mary's Patio Garden
  - Up to 60 guests:**  
Founder's Lodge &  
Des Moines Field House Studio

For **Outdoor Shelters** see page 12-RR





# REC n' ROLL Summer Camps

**KHAOS**  
Kids having an  
outrageous  
summer!



## KHAOS Camps

**Monday – Friday | 6:30am-6:00pm  
Field House**

Participants receive a Camp KHAOS T-shirt!  
KHAOS Summer 2011 Registration Fee:  
\$25R \$30NR

Add \$10 per week of camp when payment is  
received less than one-week in advance.

Enrolling more than one child per family?

Call 206-870-6527 for discount information!

Weekly sessions begin June 21 and end  
September 2.



**Camp KHAOS & K2 weekly schedules available May 13, 2011 @ [www.desmoineswa.gov/recreation](http://www.desmoineswa.gov/recreation)**

## Camp KHAOS

Our energetic and dedicated staff introduces your child to a sizzling summer filled with fun interactive activities that will spark their imagination and fill their day. Expect age appropriate activities such as arts and crafts, games, swimming, outdoor activities and a chance to make new friends all designed around the weekly theme.

*Age 5-11*

## K2 Teens

K2 blends teamwork, age-appropriate activities and crafts with exciting weekly adventures to ensure your teen's summer is packed with high-energy! Weekly themes will include many age appropriate adventures such as disc golf, beachcombing and ball games.

*Age 12-15*

## K2 Late Night

Having so much fun in K2 you don't want the fun to end? K2 participants only are eligible to join us for some late night fun over dinner, games and more!

*Ages 12-15 & enrolled in K2*

*\$25R \$27NR per day*

Wednesday	July 20	6-10pm	Field House
Friday	August 5	6-10pm	Field House
Friday	August 19	6-10pm	Field House



**Youth Scholarships Available for Des Moines Youth!**  
Please call 206-878-6527 for information.  
Funding Support provided by  
Des Moines Legacy Foundation and Des Moines Rotary.

		KHAOS	K2
Weeks 0,1,2*	4-day Option T-F	\$108R \$113NR	\$116R \$121NR
Weeks 1, 3-9	5-days week M-F	\$135R \$140NR	\$145R \$150N
Week 10**	3-day Option	\$81R \$86 NR	\$87R \$92NR

Week	Dates	Themes	Weekly Highlights
0*	June 21-24	Animal Adventures	Lions, Tigers & Bears, oh my!
1*	June 27-July 1	Sail Into Summer	"School is out and it's time to play!"
2*	July 5-8	Gardening Galore	Connect with nature & get your hands dirty!
3	July 11-15	Top Chef	Friendly food competition planned, created & made by YOU!
4	July 18-22	Super Science	Let's experiment - chemical reactions, egg drop, & observation skills.
5	July 25-29	Sports Extravaganza	Have a ball trying your skills at a variety of sports!
6	August 1-5	Wheels, Wings & Flying Things	Explore things that fly & roll along on wheels.
7	August 8-12	Summer Showcase	Gear up arts and acts for our talent & art showcase.
8	August 15-19	EcoAdventures	Explore lowtide, create recycle-art & make a difference.
9	August 22-26	Global Games	Games from the past & around the world.
10**	August 19-Sept 2	Wet, Wild & Wacky	Water games and wacky fun!

## Leagues

### Fall Youth Recreation Soccer League

Registration starts on June 1 and closes September 1.

U-5 co-ed 3-5, U-7 co-ed 6-7, U-9 boys 8-9, U-9 girls 8-9

\*Birth certificates required.

August 23-October 31

Des Moines Fields

\$60R \$65NR June 1-30

\$65R \$70NR July 1-29

\$75R \$80NR July 30-September 1



### Tee-Ball / Coach-Pitch Coed Leagues

Get out the leather glove, swing the aluminum bat and enjoy team building and social interaction! Focus is on developing hand-eye coordination through hitting, fielding, throwing, and catching properly. Playing field and rules are modified to fit participant age and skill levels.

Age 3-5 Tee-ball

\$75R \$80NR June 1 - July 31

Age 6-8 Coach-pitch

Des Moines Area Fields

#### Coaches Take Note:

Fall Soccer Coaches Meeting	August 11	6pm	Field House
Coach Pitch Coach Meeting	May 17	6pm	Field House
Tee Ball Coed Coach Meeting	May 17	6pm	Field House

For information about coaching, sponsorship and scholarship opportunities please contact our office at 206-870-6527.

## Sports Camps



### Rugby Nation USA Camp

Rugby is played by 4.4 million people in over 100 countries across 6 continents and 200,000 of these players are female! Flag Rugby is a basic, non-contact, flag version of the game for both boys and girls. Flag Rugby is designed to give players a fun, safe and enjoyable sporting experience. Why not join the fun - try Flag Rugby now!

Ages 7-12

\$95R \$110NR

M-W

July 11-13

2-4pm

Location provided at registration

### UK International Soccer

UK International Soccer Camp is back for 2-exciting camps. Coaching: UK professional coaches.

Age 4 - 14

\$92/half-day

Age 8 - 14

\$153/full day

Week 1 July 11-15

Week 2 August 1-6

Interested in hosting a UK Coach

for the week? Contact Ralph at

206.870.6586, email

stewart.boniface@uksocca.com or

check out UK Soccer at [www.uksocca.com](http://www.uksocca.com)

for details.



### Diamond Skills Baseball Camp

**Professional instruction at recreation**

**prices.** Individual skills and drills as well

as game situations and contests like

Camp Olympics from enthusiastic

coaches. Instructors: Supervisor,

Darren Rawie, Head Varsity

Coach, Mt. Rainier High School,

Hal DeBerry, Head Varsity Coach,

Newport High School.



Age 7-11 Years

\$150R \$170NR

M-Th

July 25-28

9am-12pm

Mt. Rainier High Baseball Field

Age 12-15 Years

M-Th

July 25-28

1pm-4pm

Mt. Rainier High Baseball Field

**Group discounts and scholarships available.**



## Youth Sailing Program

A sailing program designed for kids with little to no sailing experience. The course combines on-the-water experience with dock-side activities and training covering safety on the water, sailing basics, sailing nomenclature, wind awareness, rigging, rules of the road and sailing etiquette. Classes will be held at the Des Moines Marina with the on-water instruction taking place just west of the main breakwater. Instructors accompany students in the sailboat and with a chase boat. There are typically 8 to 12 students per session. Priority is on safety, fun and learning. Scholarships are available please contact our office. If you are currently enrolled with the K2 summer camp the sailing program is \$25 per session.



### Ages 12-18

**\$130R \$140NR**

M-F	August 1-5	1-4pm	Des Moines Marina Office
M-F	August 8-12	1-4pm	Des Moines Marina Office
M-F	August 15-19	5-8pm	Des Moines Marina Office
M-F	August 22-26	1-4pm	Des Moines Marina Office
M-F	August 29-September 2	1-4pm	Des Moines Marina Office

## Pee Wee Tennis

A fun and rewarding introduction to the game of tennis with the emphasis on introducing serves and ground strokes. The children will love their first tennis experience and want to continue playing.

### Ages 4-5 yrs

**\$38R \$43NR**

M/W	July 11-August 3	5:45-6:15pm	Field House Courts
M/W	August 8-August 31	5:45-6:15pm	Field House Courts
M/W	July 11-August 3	6:15-6:45pm	Field House Courts
M/W	August 8-August 31	6:15-6:45pm	Field House Courts
T/Th	July 12-August 4	5-5:30pm	Field House Courts
T/Th	August 9-September 1	5-5:30pm	Field House Courts
T/Th	July 12-August 4	7:15-7:45pm	Field House Courts
T/Th	August 9-September 1	7:15-7:45pm	Field House Courts

### Ages 6-8 yrs

**\$57R \$62NR**

M/W	July 11-August 3	5-5:45pm	Field House Courts
M/W	August 8-August 31	5-5:45pm	Field House Courts
M/W	July 11-August 3	6:45-7:30pm	Field House Courts
M/W	August 8-August 31	6:45-7:30pm	Field House Courts
T/Th	July 12-August 4	5:30-6:15pm	Field House Courts
T/Th	August 9-September 1	5:30-6:15pm	Field House Courts

## Tennis for the Beginner

An introduction to tennis for players with little or no tennis experience. Emphasis is on serve, backhand, and foreground strokes in a small class setting.

### Ages 13-Adult

**\$76R \$81NR**

T/Th	July 12-August 4	6:15-7:15pm	Field House Courts
T/Th	August 9-September 1	6:15-7:15pm	Field House Courts



# Toddler/Preschool Activities

## Pre-School Playhouse

Preschool Playhouse strives to foster the development of the young child through attention to their social, intellectual, and physical needs, integrating these aspects of learning throughout the program. We offer all of the necessary components for a positive experience for your child in a safe and structured environment to explore, socialize, and share. The emphasis is on the fundamental skills including numbers, letters, colors, reading and writing. We believe that positive teaching promotes positive and exciting learning in students. Please note: students must be potty trained. Des Moines Parks and Recreation offers Preschool Playhouse only during the school year. Registration for the 2011-12 school year begins on August 1.

T/Th	May 10-June 2	10am-12pm	\$70R \$75NR
T/Th	June 7-June 23	10am-12pm	\$55R \$60NR

Options of 2+ days per week will be available for the 2011-12 school year.

## Mini Kickers

Start soccer off right with an introduction to warming-up, stretching, dribbling, passing, shooting and defensive work. It's a great



opportunity for kids to meet other kids from the community. Facilitators: Staff

### Age 3-5

**\$30R \$35NR**

M-F	June 20-24	5:30-6:30pm	Field House
M-F	August 22-26	10-11am	Field House

## Preschool Camp

Offering fun for little ones and a welcome break for parents. The focus is on developing social and creative skills, opportunities of exploration and physical and cognitive development through games, activities, music, drama and storytelling. Children must be potty trained.

### Ages 3-5

**\$85R \$89NR**

M-F 9-11:30am

Week	Dates	Themes
1	July 11-15	Making Friends
2	July 18-22	My 5 Senses
3	July 25-29	Seussical
4	August 1-5	Let's Paint
5	August 8-12	Insect Explorations
6	August 15-19	Messy Masterpieces
7	August 22-26	Ocean Pals
8	August 29-Sept. 2	Camping Adventures

## Playball Summer Camp

Summer is a time for running, jumping and having fun! Find all of this in a safe, structured, creative environment. Playball introduces boys and girls of all abilities to a wide variety of sports, teaching the basic skills used in football, baseball, basketball, soccer, tennis, volleyball and hockey. Camp is built around Playball curriculum.

### Ages 3-5

**\$95R \$110NR**

M-W July 11-13 9-11:30am

Location provided at registration



# Youth Recreation Activities

**Healthy life-long habits start young. Teach your child to enjoy exercise and physical play in these fun activities.**

## Ballet/Tap

Ballet is the true expression of classical art that provides strength, beauty, posture and grace and is the foundation for all other dance forms. The Tap portion features fun, making lots of great noises with your feet and incorporates rhythm, technique & style. Pink ballet slippers and black tap shoes are required for this class. Instruction: Melanie's Dance Unlimited



Grades K-3

Session Fee: \$48R \$53NR

M July 11-August 8

6-6:45pm

Field House

## Hip Hop Dance

Featuring the most popular urban moves and grooves, class is fun, fast paced and will get your heart pumping! No experience necessary! Instruction: Melanie's Dance Unlimited

Ages: 4-7 yrs

Session Fee: \$48R \$53NR

M July 11-August 8

6:45-7:15pm

Field House

Ages: 8-12 yrs

Session Fee: \$48R \$53NR

M July 11-August 8

7:15-7:45pm

Field House

## Fishing with Your Kids

Dads, Moms and Grandparents - teach your child(ren) different ways to fish our local Washington waters for salmon, steelhead and sturgeon and learn techniques to make every outdoor opportunity a success. Most methods shown are from a boat, some bank fishing will be covered.



Fishermen & women of all ages

\$45/pairR \$55/pairNR, \$10/each additional child

Th July 7-28

6-7pm

Field House

## Tiger Kids Martial Arts

Improve motor skills and coordination while building self-confidence through the use of martial arts and fun games - bag kicking and padded sword-sparring! Includes a white belt for first time participants! Instructor: Mitch Mayberry, International Champion, 8th degree Master Instructor.

Age 5 and Up

\$83R \$88NR plus \$12 AAU Fee

W April 13-June 1

4:30-5:10pm

Field House

W June 22-August 10

4:30-5:10pm

Field House

## Acrobats For Kids

Learn gymnastic/martial arts style rolls, cartwheels, backbends, handstands and walkovers and other cool moves. A routine set to music will be learned for an optional show in June, complete with costume! Recommended attire provided at registration.

Instructor: Melanie's Dance Unlimited.



### Acrobats I & II

Age 5-10

\$48R \$54NR

W 6-6:45pm

July 13-August 10

Field House

## Parent's Night Out

There is so much to do in Des Moines including the Summer Jazz and Blues Concert Series at Beach Park. Enjoy a kid free date night!

Ages 5-10

\$25R \$27NR per day

Friday

July 15

6-10pm

Field House

Wednesday

July 27

6-10pm

Field House

Wednesday

August 10

6-10pm

Field House

Friday

August 26

6-10pm

Field House

# Teen Activities

## Field House Dances

Teens- kick it at Field House theme dance parties hosted by Des Moines Youth Council. Theme dances parties feature contests concessions and dancing. Leader: Parks and Recreation staff



Grades 6-8 - student ID required for admission.

\$7

F June 10 End of Year Luau 7:30-10:00pm

Field House

## Teen Hip Hop

It's never too late to learn to dance! Instructors offer beginning students a program specifically designed for teens that want to dance. We'll whip you into shape, improve your body-tone and technique and teach you how to dance. No experience necessary. Instructor: Melanie's Dance Unlimited

Ages: 12-14

\$48R \$53NR

M July 11-August 8

7:45-8:15pm

Field House

## Monday Madness

Break up the monotony of your week and jump on board with these awesome trips, geared for teens looking for excitement!

Ages: 11-17

Sky High Sports

July 18

Time TBD

\$28R \$35NR

Kids Mountain Bike Adventure

August 1

Time TBD

\$28R \$35NR

Rattlesnake Ledge

August 29

11am-4pm

\$20R \$25NR

## Lake Chelan Overnighter

Join us on an overnight camping trip and water park adventure! We'll trek out to 25 Mile Creek State Park and join teens from the City of Shoreline for a fun camping adventure. We will cook our own meals, play capture the flag, make s'mores and spend a day at Slide Waters Water Park in Chelan.

Age 11-17

\$125R \$138NR

M-W August 15-17

Depart 2pm/Return 12pm

Return Wednesday

**Teens check out Page 3 for more summer opportunities!**

# Adult Enrichment

## Wenatchee Whitewater Rafting

The Sunny-side of the Cascades is a definite splash! Roller coaster action and generally sunny weather makes this snow-fed river a favorite for river-runners. You'll experience commanding



scenery that includes apple orchards and tall bluffs. The whitewater maneuvering in "Boulder Bend, Rock & Roll, Drunkards Drop and Snow Blind" rapids will definitely capture your attention. Participants will paddle self-bailing paddle rafts with an experienced guide. All rafting equipment is included. Join us!

Trip Leader: Rod Admundson, Wild Water River Tours, INC.

### Age 6+

**\$78R \$85NR**

Sa	May 14	12pm-4:30pm	Location provided at registration
Su	June 5	12pm-4:30pm	Location provided at registration
Sa	June 25	12pm-4:30pm	Location provided at registration
Su	July 10	12pm-4:30pm	Location provided at registration

## Skagit Whitewater Rafting

*Explore lush woods in North Cascades National Park.*

The Upper Skagit River is essentially a relaxing calm water float and devoted to scenery so magnificent it earned a place in the National Wild and Scenic River System. Wildlife is often seen along the banks. The tranquility is shattered for one-quarter mile by an easy section of fun-filled Class III whitewater. After that, enjoy the peace and quiet and undisturbed natural beauty. Experienced guides steer professional quality paddle rafts. All rafting equipment is included. Join us!

### Ages 6+

**\$78R \$85NR**

Su	July 31	12-4pm	Location provided at registration
Sa	August 27	12-4pm	Location provided at registration

## Nisqually Calm Water Rafting

*Relax in spectacular natural splendor.*

No experience is necessary for this leisurely float on the historic river that served as a pathway to Indians and settlers. Follow meandering river channels through a flood plain of unsurpassed natural beauty. Wildlife is often seen along the riverbanks. Experienced guides steer professional quality rafts. All rafting equipment is included. Join us!

### Ages 6+

**\$78R \$85NR**

Su	August 14	1-5pm	Location provided at registration
----	-----------	-------	-----------------------------------

## Adult CPR with AED Essentials

Learn to recognize and care for breathing and cardiac emergencies in victims who are age 12 and up. Certification is good for two years.

### Age 16-Adult

**\$40**

W	June 29	6-9pm	Activity Center
---	---------	-------	-----------------

## Dog Obedience

Love your dog, but all the chewing, jumping, barking and little "accidents" testing you? Dog Obedience should turn your little "terror" into a well-behaved pet. Proof of vaccination is required at first class. Instructor: Jan Magnuson, Animal Control Officer, Champion Trainer

### Dogs 4+ months

**\$78R \$85NR**

Th	May 5-26	7:15-9:15pm	Field House
Th	June 2-23	7:15-9:15pm	Field House
Th	July 7-28	7:15-9:15pm	Field House
Th	August 4-25	7:15-9:15pm	Field House
Th	September 8-29	7:15-9:15pm	Field House

## Fused Glass Workshop

Learn the basics of art glass techniques including cutting, fusing and slumping with supplies and materials provided by the instructor. Note: Instructor: George C. Scott

### Adults

**\$55 \$59NR**

W	June 15	6-9pm	Instructor's Studio / Des Moines
Sa	June 25	1-4pm	Instructor's Studio / Des Moines
W	July 20	6-9pm	Instructor's Studio / Des Moines
Sa	July 16	1-4pm	Instructor's Studio / Des Moines

\* Choice of making a 10" fused bowl or 10" fused glass lamp. Pay extra \$30 to instructor day of class for lamp. See samples of lamps at [www.georgescottstudios.com](http://www.georgescottstudios.com)



## Watercolor Workshop-all Levels

Enjoy a morning with instruction and afternoon outside with your canvas and paints. Students bring their own supplies (supply list provided) and a sack lunch. Instructor: Nancy Bogni



**Nancy Bogni**

### Adults

**\$25R \$29NR**

Sa	August 20	10am-3pm	Activity Center
----	-----------	----------	-----------------

**Ooops!**

**Sometimes courses are cancelled because people wait too long to register. Register early to avoid disappointment!**



# Adult Fitness & Sports



## Zumba®

Ditch the workout – Join the Party! Working-out is healthy, rewarding and beneficial, but it's never been known to be exhilarating until now! Zumba® fuses hypnotic Latin rhythms and easy to follow moves to create a unique program that will blow you away and help you achieve long term benefits while experiencing an absolute blast in one hour of calorie-burning, body-energizing, awe-inspiring movements that engage and captivate for life! Instructor: Shayla Lee, Zumba® Certified.

**Adults** **\$53R \$59NR/10-class punchcard or** **\$10 Drop-in**  
M/W 6-7pm Ongoing\* Field House

## Belly Dancing

Enjoy a fun, effective, low impact exercise. Beginning and intermediate level classes consist of Middle Eastern and American Tribal dance steps for troupe and soloist, body movements, the use of cymbals and the veil.

Instructor: Saroya Poirier, Babylonian Ensemble

**Adults** **\$43R \$48NR**  
M Beginners May 16-Jun 27 7:15-8:15 Founder's Lodge  
M Intermediate May 16-Jun 27 8:15-9:15pm Founder's Lodge

## Tai Chi

Qigong style Tai Chi focuses on a basic circulation form using energy principles. Tai Chi improves balance and increases strength and control of muscles through gentle, slow movements, while also improving coordination of the upper and lower body. Instructor: Rhonda Allison.

**Adults** **\$48R \$52NR**  
Th Session 1 5/12-6/30 5-6pm Activity Center  
Th Session 2 7/7-8/25 5-6pm Activity Center  
Th Session 3 9/1-10/20 5-6pm Activity Center

## Energy Yoga

Yoga helps to release stress and re-direct energy to gain better health and sense of well being. With a series of sustained poses and gentle stretches, students will improve muscle strength, range of motion, balance and stability, especially the deep core muscles that stabilize the spine and increase flexibility. Instructor: Rhonda Allison.

**Adults** **\$48R \$52NR**  
Th Session 1 5/12-6/30 6:30-7:30pm Activity Center\*  
Th Session 2 7/7-8/25 6:30-7:30pm Activity Center\*  
Th Session 3 9/1-10/20 6:30-7:30pm Activity Center\*

\*Tai Chi & Yoga Drop-in Fee: \$8 per class

### New Location:

M 1:30-2:30pm April 11-June 13 Normandy Park Cove

8-RR

## Adult Men & Coed Fall Softball League

This is a great opportunity for folks to play at our beautiful complex. Each team plays 12-games and a single elimination post season tournament. Registration deadline: July 16, 2011.

**Adults** **\$850R \$900NR**

SJUMP

Monday Nights Co-ed Recreation Division

League Play August-October

Tuesday Nights Men's Recreation Division

League Play August-October



## Senior Softball

**Batter-up for active adults age 50 and better!**

Des Moines Activity Center sponsors two coed softball teams that compete against teams throughout King County. Practices and home games are played on Tuesday and Thursday mornings at the Steven J. Underwood Park fields. League games start the week of May 4. Teams receive sponsorship funding from local business. To learn more about sponsorship opportunities or if you are interested in playing on one of our two teams, contact:

Abbie Nielsen, Recreation Coordinator, Des Moines Activity Center  
206-878-1642, anielsen@desmoineswa.gov

## Adult Summer Tournaments

Wood Bat Tournament Mens E/D 3GG	\$240	July 16 only
Wood Bat Tournament Coed E/D 3GG	\$240	August 6- 7
Wood Bat Tournament Mens/Coed E/D 3GG	\$240	September 17-18

Kickball Tournament Coed 3GG		
\$150	July 23-24	9am Kickoff
\$150	August 20-21	9am Kickoff
Coed Championships Kickball Tournament		
\$175	October 6-7	9am Kickoff

**Call 206-870-6527 for information & registration details!**

**Tennis Anyone? See page 5.**



# Senior Activities

## Blueprint for Living 2011 and Beyond

*Featuring a series of presentations to design and live your life well and your way! Presentations offered by Valley Cities Counseling & Consultation unless otherwise noted.*

Adults

Activity Center

### Managing Emotions-A Powerful Force in Our Lives

Understand how out of control emotions undermine overall health and wellbeing.

Tuesday, May 3 10:00-11:30am DMAC

### Aging & Depression & the 3-S's

Explore the difference between sadness and serious depression and learn the signs, symptoms and solutions.

Tuesday, May 17 10:00-11:30am DMAC

### Plain Talk About Dementia and Alzheimer's

Valley Cities Counseling and Consultation covers the basics facts about dementia and Alzheimer's, including new information from the 2011 Alzheimer's conference.

Tuesday, June 7 10:00-11:30am DMAC

### Caring for a Loved One with Dementia

Learn practical suggestions to ease the challenges of communicating, coping and caregiving when dementia has joined your family. David Wolfe, Highline Mental Health Licensed Social Worker

Tuesday, June 14 11:00am-12:00pm DMAC

### Act Now to Preserve Your Brain

Common sense tips to preserve your memory and your brain.

Tuesday, June 21 10:00-11:30am DMAC

## Good Nutrition, Healthy Eating & Weight Discussions

facilitated by Valley Cities Counseling & Consultation.

Advance registration is appreciated. Call 206-878-1642.

2nd Friday, monthly 10:00am – 12:00pm DMAC

## Vitamins and Supplements

Friday, May 13 — Learn the benefits and risks of our favorites!

## Do You Know What You're Drinking?

Friday June 10 — Beverages - those hidden calories and more.

## Counseling & Information Services

Troubled by uncertainty and lack of information?

Obtain assistance with resource information, referrals and start tackling personal issues that are getting in the way of your mental wellbeing. Facilitated by Valley Cities Counseling & Consultation.

4th Friday, monthly year-round

10:00am – 12:00pm

DMAC

Call 206-878-1642 to book your appointment— (limit of a maximum of 3-counseling sessions)

*Many thanks to the Des Moines Legacy Foundation for providing the funding for programs facilitated by Valley Cities Counseling & Consultation.*

## Brain Agility

Can't seem to remember words and names like you used to? Our brains need exercise as much as our bodies! Brain Agility, developed by Dr. Peter Moulton, features a personal workbook, brain aerobics and classroom discussion. Previous students say it really helps! Be ready for homework! Volunteer Facilitators.

Adults \$40R

Tu June 14-July 26

6:30-7:30pm

44NR

Activity Center

## Enhance Fitness

Improve physical conditioning levels and decrease the risk of falling with stretching, low-impact aerobics, strength training and balance exercises. Gym-type shoes are required (no sandals) and a water bottle is recommended. Co-sponsors: Group Health & Senior Services. Instructor: Mary Brown

*View Enhance Fitness @ <http://youtu.be/OH2VdXbusNg!>*

Adults

8-9am or 9:30-10:30am

June 2-24

11-days

\$28

7-8am or 8:30-9:30am

June 28-July 29

15-days

\$36

August 16-Sept. 2

9-days

\$22



## Salish Sea Stories

*Join us for the rich experiences people living by the Salish Sea have to share!*

### Dancin' from Paris to Puget Sound

Betty McLain shares her experiences living and loving and learning dance as she traveled from Paris to Puget Sound and around the world. Betty shares tid-bits from her recently published collection of humorous stories and dance tips - Dancing in

The Rain – always giving her perspective of “how to live life to its fullest, no matter how old you are!” Copies of her book will be available for purchase.

Adults

Sunday, June 26

3:30—4:30pm

\$2 donation

DMAC



## Aviation History-

### Part IV: High Flights and Hard Landings

Retired flight test engineer and international airline operator, John McEvoy, thrills us and chills us with his real life stories of perils, pitfalls and pirates in aviation!

Adults

T

9:30-11:30am

May 17

\$2 donation

Activity Center

T

7-9pm

May 31

Activity Center

**Interested in sharing your stories?**

**Contact us at 206-878-1642!**

## My Girl Cruises

Treat yourself to a day on the water on this lovely 60' motor yacht! Bring a sack lunch or a no-host meal when shore time is provided. Trips depart from Des Moines Marina.

### Explore Gig Harbor's Historic Downtown

Thursday, July 21 8:30am-5pm \$42

### Explore Tacoma's Waterfront

Thursday, August 25 9am-5pm \$32

- Museums, Galleries, UW Bookstore, eateries & more.

### Scenic Tour of Lake Union

Thursday, September 15 9am-5pm (aprox) \$47

- Take in the Seattle Waterfront and cruise the Ballard Locks!



## Day Trips

### Explore Puget Sound with Des Moines Activity Center

#### Historic Cle Elum – Cle Elum

Wednesday, May 11 8:30am-5pm \$20

#### Museum of Flight/Vintage Uniforms - Seattle

Wednesday May 18 9:45am-3pm \$20

#### Tree House Point – Fall City (Lunch at Tree House Point)

Wednesday, May 25 10am-3pm \$50

#### Whistlin Jack Lodge – Chinook Pass

Wednesday, June 8 8:30am-4:30pm \$18

#### Washington State History Museum – Tacoma

Wednesday, June 15 9:30am-3pm \$15

#### Ohme Gardens – Wenatchee

Wednesday, June 22 8am-6pm \$25

#### Lucky Eagle Casino- Rochester

Wednesday, June 29 9am-4pm \$6

#### SSCC Chinese Gardens – Seattle

Wednesday, July 6 10am-3:30pm \$15

#### Day in Enumclaw

Tuesday, July 12 9:45am- 4pm \$10

#### Patio Sale – Panorama City - Olympia

Saturday, July 16 8am-4pm \$10

#### Job Carr Museum – Tacoma

Wednesday, July 27 9:30am- 3pm \$20

#### Walking Tour - Port Gamble

Tuesday, August 9 8am-4pm \$25

#### Train Ride – Snoqualmie

Friday, August 19 10:30am-4pm \$20

#### Emerald Queen Casino-Tacoma

Wednesday, September 7 9am-4pm \$6

**Join us for Fun & Games all week long!**  
**Call 206-878-1642 for details!**

## Golf Outings

Enjoy playing 9 holes at Puget Sound courses with fellow golfers. Transportation available on a first paid basis. All players draw numbers to determine playing partners and tee position. Departure from DMAC varies from 8-8:30am. Return time varies.

**Fee Range: \$8-10 No Host Green Fee and lunch**

<b>Mondays</b>	<b>Course &amp; City</b>	<b>Green Fees</b>
May 2	Meadow Park, Lakewood	\$16
May 16	Lake Spanaway, Spanaway	\$15
May 31 (T)	Twin Rivers, Fall City	\$18
June 13	Cascade, North Bend	\$14
June 27	Lapoma Firs, Puyallup	\$17
July 11	Mt. Si, Snoqualmie	\$22
July 25	Madrona, Gig Harbor, 18 holes	\$22
August 8	Rolling Hills, Bremerton	\$18
August 22	Allenmore, Tacoma	\$15
Sept. 6 (T)	Horseshoe Lake, Port Orchard	\$20 plus tax
September 19	Mystery Trip???	\$15



## Horticulture

Explore Northwest gardens and nurseries with our "growing" horticulture group! As we spring into summer we will visit many gardens and nurseries. \$8 van trips & \* carpool. Call for morning departure times.

May 6*	Des Moines Garden Club Sale, Normandy Park
May 13*	Weyerhaeuser Rhododendron Garden, Federal Way
May 20	Windmill & Watsons Nurseries, Sumner & Puyallup
May 27	Tacoma Chinese Reconciliation Park
June 10	Visit Bernie & Sunny Brunsome Roof Garden, Maltby
June 22	See Ohme Garden trip in our Travel Section
June 24	Roof Garden at Bastille Restaurant in Bothell
July 8	Nisqually Natural Wildlife Refuge
July 22	Digs Garden Nursery, Lavender Hill Farm & Country Store, Vashon, Ferry Fee \$5
August 12	Lakewold Gardens, Tacoma
August 26	Tour of Whidbey Island Gardens, Ferry Fee \$5

## Connections to Services

AARP Tax Assistance Appointments .....	206-878-1642
Blood Pressure Checks	
Elderwatch .....	253-946-7338
Fall Prevention	
Foot Care -2011 features expanded hours!	
Legally Speaking Presentations	
Medical Lending Equipment	
Nutritious Lunches -Monday-Thursdays	
Pet Food Assistance	
Sea Mar Latino Activities	
Senior Services' Information & Assistance .....	206-448-3110
Senior Rights Assistance .....	206-448-5720
Senior Services' Shuttle Transportation .....	206-727-6262
Senior Services' Volunteer Transportation .....	206-448-5740
Senior Services' Meals on Wheels .....	206-448-5767



## REGISTRATION INFORMATION

City of Des Moines Parks, Recreation and Senior Services Department Offices

### Parks and Recreation Administrative Office

1000 South 220th Street, Des Moines WA 98198

206-870-6527

TDD Line: 206-824-6024

Fax: 206-870-6587

E-mail: [recreation@desmoineswa.gov](mailto:recreation@desmoineswa.gov)

Monday – Friday, 8am–4:30pm



### Des Moines Activity Center Office – Senior Services

2045 S 216th Street, Des Moines WA 98198

PO Box 98576

206-878-1642

Fax 206-878-2260

E-mail: [recreation@desmoineswa.gov](mailto:recreation@desmoineswa.gov)

Hours: Monday – Friday, 8am–4pm

### Holiday Closures

May 30, July 4 and September 5

#### Resident Priority:

Effective January 1, 2010, the City of Des Moines implemented a Resident Discount Policy offering residents discounted fees for recreation programs. Non-residents and city residents who choose not to provide proof of residency will be assessed the full fee for programs.

The Resident Discount ("RD") Fee is available to residents living within the City of Des Moines' jurisdictional boundaries and Senior Adults. To qualify for the "RD" Fee participants must provide proof of residency such as: Valid picture ID with a Des Moines Address. Valid picture ID accompanied by a utility bill with their Des Moines Address. Sports Teams qualify for the "RD" Fee when 51% of their players are Des Moines residents (proof of Residency will be requested.) The full program fee will be charged to participants who are not Des Moines residents or choose not to provide proof of residency. Questions related to residency should be directed to 206-870-6527.

#### Ways to Register:

Walk-in: Check, Cash, Visa/MasterCard.

Phone: Visa/Mastercard.

Mail-in: Registration Form with check or Visa/MasterCard information.

#### Registration Policies:

Pre-registration is required for all programs unless otherwise stated.

Registration is taken on a first paid basis.

Returned check fee: \$40 (plus 50% surcharge if collection action needed).

#### Refund Policy/Cancellations\*:

When DMPR/SS cancels a program, a full refund or credit will be issued. Full refunds will be granted when requested more than one week (7 days) prior to the start date of the course/program, less a \$10 administrative fee. The \$10 administrative fee is waived if you opt for a credit to be used for another course/program. Refunds requested less than one week prior to the start date of the course/program will not be granted unless the vacated spot is filled. If the spot is filled, a refund will be granted, less a \$10 administrative fee.

Medical refunds requested prior to the start date of the course/program will be granted in full. A doctor's note must be provided for all medical refunds to be processed. A prorated refund will be granted for medical refunds requests received during or after the course/program. Medical refunds must be requested, with proper documentation, within a month of the program's ending date.

\*Refunds cannot be granted for non-recoverable costs on some programs, special events and trips, such as pre-paid admission fees unless the spot is filled. Also, on trips where services are contracted to outside travel agencies, the travel agency refund and cancellation policies will apply.

Due to unforeseen circumstances, printed prices are subject to change without notice.

#### Accommodation of Disabilities:

The City of Des Moines is committed to accommodating citizens with disabilities and special needs. Des Moines Parks, Recreation and Senior Services will make every reasonable effort to ensure that programs are accessible. If you need assistance participating in our programs, call 206-870-6527. TTY/ TTD 206-824-6024.

#### Gender Equity Statement:

The City of Des Moines complies with the State of Washington's "Fair Play in Community Sports Act" (Chapter 467, 2009 Laws, effective July 26, 2009) that prohibits discrimination against any person on the basis of sex in the operation, conduct or administration of community athletics programs. Third parties, who contract with or receive leases or permits from the City of Des Moines for a community athletic program, are also prohibited from discriminating on the basis of sex. If you have questions or comments contact Patrice Thorell, Parks, Recreation and Senior Services Director.

**Don't miss out on Rockin' Cool Deals in our eblast newsletter REC 'n ROLL– email [recreation@desmoineswa.gov](mailto:recreation@desmoineswa.gov) to receive e-blasts featuring the latest community recreation opportunities for all ages.**

## Des Moines Parks and Recreation Registration Form

Mail to: City of Des Moines Park & Recreation Dept. 1000 S. 220th St., Des Moines, WA 98198

Adult/Guardian (if participant is a minor)

Participant's Name

Age Birthdate M/F Address

Home Phone Work Phone

( ) ( )

Street address City

Class Title

Emergency Phone E-mail

( )

State Zip code

Fee

\$

Fee

\$

I'll give kids a Chance, with my contribution to Youth Scholarships:

\$

VISA/MC #

Name on Card

TOTAL

\$

Exp. Date

### City Of Des Moines Hold Harmless Agreement

I assume all risks and hazards of the conduct of the program. In case of injury, I waive all claims or legal actions, financial or otherwise, against the City of Des Moines, its organizers, sponsors, supervisors, employees, or any volunteers connected with the program unless injury is caused by the sole negligence of the City of Des Moines. I grant full permission to use photographs, videotapes, motion pictures, recordings or any other record of the program for any purposes. In absence of signature, payment of fees and/or participation in the program constitutes acceptance of these conditions.

Adult Participant or Parent/Guardian Signature

Date

## Facilities & Fields

**Des Moines Outdoor Shelters are great for summer picnics and family gatherings!**

Des Moines Field House Shelter

Midway Park Shelter

Wooton Park Gazebo

Our facilities are available at competitive rates!

For Indoor Facilities see page 2-RR



### Field Rentals

The following fields are available for rent.

Des Moines Field House Park Fields

Steven J Underwood Memorial Park Fields

Zenith Park

**For booking and additional inquiries visit or contact:**

Des Moines Parks, Recreation & Sr. Services

1000 S. 220th Street, Des Moines, WA 98198

Phone: (206) 870-6527 Fax: (206) 870-6587

E-mail: [recreation@desmoineswa.gov](mailto:recreation@desmoineswa.gov)

Website: [www.desmoineswa.gov/facility](http://www.desmoineswa.gov/facility)

A map and full listing of Des Moines Parks and Recreation Facilities can be obtained at the Administrative office or you can download a PDF file from the City's website: [www.desmoineswa.gov/recreation](http://www.desmoineswa.gov/recreation).

### Will You Help a Child Attend a Camp or Activity?

Your contribution gives local children and teens the opportunity and joy of attending Parks and Recreation programs! Youth and Teen programs are an essential part of a healthy community, building social skills, promoting active play and providing a safe haven for children before and after school.

Des Moines Parks and Recreation receives scholarship support from Des Moines Legacy Foundation and other local services organizations such as the Rotary Club of Des Moines.

However, the need for scholarships has increased dramatically surpassing funds available in 2010.

Your gift will help a Des Moines child participate in 2011!

Check YES and send your tax deductible donation to:

Des Moines Legacy Foundation

Attention: Des Moines Parks & Recreation

Scholarships for Youth

PO Box 13582

Des Moines, WA 98198



## Special Events

### Celebrate Keeping Our Traditions Alive

Meet us at Beach Park, the birthplace of Des Moines!

Saturday, September 17, 2011

11:00am–2:00pm

The City of Des Moines Parks, Recreation and Senior Services invite you to join us for the grand opening celebration of Des Moines Beach Park Auditorium (newly renovated former Covenant Beach Camp Tabernacle.)

### Community Celebration Highlights:

Opening Ceremony at 11:30am

Old Fashioned Family Picnic  
with food, games and live entertainment

Displays of the historic eras of Des Moines waterfront  
from the 1890s to the present!

For more information about the event or facility rental information,  
contact us at 206-870-6527 or visit  
[www.desmoineswa.gov/BeachPark](http://www.desmoineswa.gov/BeachPark)





Proceeds benefit youth scholarships

Tickets: \$50 per person or \$375 per table of eight

Casino Games • Live & Silent Auctions • Prizes

PUT IT ON THE LINE FOR KIDS

# Sports

## NIGHT

**SATURDAY, MAY 14 • 6-11pm**

DES MOINES FIELD HOUSE

Sponsored by Des Moines Legacy Foundation

For TICKETS & Info: Call 206.870.6527

Save the Date!

\$10

### Celebrating Purses & Shoes!

Wednesday, July 20 5:00pm  
Des Moines Activity Center  
Showcasing Purses & Shoes,  
light supper & Silent Auction!  
Call 206-878-1642  
Co-sponsor

NORMANDY PARK  
senior living

# Des Moines Waterfront Farmers Market



Join us every Saturday  
June thru October  
Located in the Marina  
**10am to 2pm**  
More information available at  
[www.DMFM.org](http://www.DMFM.org)

WIC@Senior  
FARMERS  
MARKET  
Checks Welcome Here

NOW ACCEPTING  
**EBT**

